

Air Fryer General Tso's Chicken

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Servings: 2

Ingredients

For the Chicken:

- 1 pound boneless skinless chicken thighs, cut into small pieces
- 2 tbsp cornstarch
- 1/2 tsp salt
- Dash of black pepper

For the Sauce:

- 1/4 cup ketchup
- 2 tbsp soy sauce
- 2 tbsp dark brown sugar
- 1/2 tsp ginger paste
- 2 garlic cloves crushed
- 1/2 tsp red pepper flakes

Steps

For the Chicken:

1. Preheat air fryer to 400°F for 5 minutes
2. In a small bowl toss the chicken with the cornstarch, salt and pepper to coat evenly
3. Spray the air fryer basket with non-stick cooking spray
4. Put the chicken in the air fryer, separate the pieces so they will cook all the way around
5. Air fry for 10 mins, toss the basket once at 5 minutes to flip the chicken over

For the Sauce:

1. Add all the sauce ingredients to a small, heavy bottomed saucepan or medium heat
2. Whisk until the brown sugar is dissolved
3. Bring to a rapid boil
4. Reduce to simmer, simmer about 5 minutes until sauce has thickened
5. Pour the sauce over the air fried chicken to coat evenly
6. Serve over plain white or brown rice

